

## Mental Health Support Groups

Age Requirements

16-21

,

18 and over

Available 24/7

No

Other Eligibility Criteria

Over 18

Family

No

Intake Process

Visit the website, call the office. If you need help before a group starts, call 434-979-2440 and staff will help you connect.

Provider Refer

No

Report Problems

Call the Agency

Self Refer

Yes

On Our Own of Charlottesville

<http://www.onourownncville.org/>

<https://www.onourownncville.org/about>

Main

(434) 979-2440

123 4th Street Northwest

22902 VA

United States

Additional Availability Comments

Support groups are available at various times during the week.

Fee Structure

No Fee

Languages Spoken

English

On Our Own offers a variety of support groups available in person, by telephone, or via Zoom.

Peer Support is a system where two or more people with similar experiences help each other. This common experience allows for more authentic empathy and support. It is a system founded on key principles of respect, shared responsibility, and mutual agreement. In this relationship, neither person has more expertise as a supporter than the other. It is one of equality. This equality arises from the shared experience of emotional and psychological pain.

Peer groups available currently are Smart Recovery, Recovery through Music, Chronic Pain Support, Queer Support, Mindfulness, Assertiveness Group, Goals Group, and more.

The Mission of On Our Own is to provide free peer support, self-help, education, guidance, advocacy, and referral services for adults with significant problems in their lives due to challenges with mental health, substance use, or trauma.

Service Area(s)

Albemarle County

,

Charlottesville City